

## **How to extend the Lifetime of Athletic Track Wearing-Surfaces**

Do not wear spiked shoes if not necessary!

Normal warm up, light training, exercise or jogging do not require spiked shoes!

Maximum spike length for any training: 6 mm

No kicking with spiked shoes into the surface, no twisting spiked shoes on surface.

No heavy point loads with sharp edges onto track surface.

No pushing/dragging sports equipment over surface.

No chewing gum, grease, oil, gasoline, drink-spillage or other dirt/contamination on surface.

No driving over the surface except light maintenance equipment. No sharp turns, no sudden stops or twisting wheels. If heavier equipment must access the track surface, measures of protection must be taken. For details, please consult with BSW.

Maintain your equipment well! Prevent oil spillage!

### **Spreading the Wear:**

The inside lanes of a track, along with the start- and relay zones, the long/triple jump-, the high jump apron, the pole vault- and the javelin runways are subject to a more frequent amount of wear compared with other areas of the facility. For this reason it will extend the useful life of the facility if athletes use these areas as little as possible in training.

This "athlete management" can be achieved by measures, such as coning off the inside lane, sporadically changing starting positions, etc.

**Coaches must be informed about such measures first and then teach their athletes!**